The Community Overdose Action Team is working with community partners to promote “Know! Parent Tips and Teachable Moments.” The Know! program was developed by Drug Free Action Alliance, a statewide prevention agency, and is a tool used to communicate simple, easy-to-comprehend messages to children aged 11 to 13 about staying free from alcohol, tobacco, and other drugs. Each month, parents receive two KNOW! Parent Tips, which provide current facts related to substance use, healthy youth development, and other related issues, as well as concrete action steps they can take to help prevent their child from using. Similarly, teachers receive the Know! Teachable Moments prevention tips twice per month.

Talking to kids about drugs at an early age can help them live healthy, drug-free lives.  

Barbara Marsh  
Assistant to the Health Commissioner
Dayton Man Beats Nearly 20-year Drug Addiction

20 years, he struggled with substance use addiction, leading to stints in and out of rehab and run-ins with the law.

By 2014, Zent was ready to make a change. "I was still on drugs, but I knew I didn't want to be anymore," Zent says. "I was hopeless and helpless out on the streets. I needed to stop."

With the help of connections in the community and local resource organizations, including Alcohol Anonymous, the Joshua Recovery Ministries and other ADAMHS-supported programs, Zent made the commitment to beat addiction. "Anyone suffering from addiction is much more likely to find lasting, significant recovery if they have access to the right programs and support systems," says Ann Stevens, spokesperson for ADAMHS. "ADAMHS has invested millions of dollars into our community to help provide these critical services."

Relying on his faith, determination and community programs, Zent finally was able to overcome the addiction that had tormented him for almost two decades. Clean and sober since May 8, 2014, Zent is proud of the life he has forged in Dayton. He continues to be active in the recovery community, working as a caseworker at Joshua Recovery Ministries. "Recovery is a gift. It can be accepted or rejected. I look back at all the times I rejected it, but it's that simple," Zent says. "People need to know there are people that care and can help right now," Stevens says. "The resources are in place for anyone in Montgomery County to get the help they need."

ADAMHS delivers valuable community resources to those suffering from drug addiction and supports programs that are making a difference in the fight against addiction, including peer coaching, recovery housing, employment services, spiritual support and naloxone training.

If you or a loved one is suffering from addiction, call Samaritan CrisisCare at (937) 224-4646 or visit www.thinkagainmc.org today. Same-day assistance and emergency services are available. To contact ADAMHS with questions, please call (937) 443-0416.

For any addict, the road to recovery can be difficult. For Norm Zent, it was nearly 20 years in the making.

Fortunately, thanks to efforts by local organizations like the Montgomery County Alcohol, Drug Addiction and Mental Health Services (ADAMHS), Zent found the support and programs he needed to overcome his drug addiction.

Growing up, Zent never imagined he could become a drug addict. His life was good. His family supported him and he did well in school. He enjoyed social drinking as a teenager, but he believed it was more than alcohol that led to his battle with substance use. "I had an injury in high school playing football and ended up on a lot of pain medicine," Zent says. "I was hopeless and helpless out on the streets. I needed to stop."

With the help of connections in the community and local resource organizations, including Alcohol Anonymous, the Joshua Recovery Ministries and other ADAMHS-supported programs, Zent made the commitment to beat addiction. "Anyone suffering from addiction is much more likely to find lasting, significant recovery if they have access to the right programs and support systems," says Ann Stevens, spokesperson for ADAMHS. "ADAMHS has invested millions of dollars into our community to help provide these critical services."

Relying on his faith, determination and community programs, Zent finally was able to overcome the addiction that had tormented him for almost two decades. Clean and sober since May 8, 2014, Zent is proud of the life he has forged in Dayton. He continues to be active in the recovery community, working as a caseworker at Joshua Recovery Ministries. "Recovery is a gift. It can be accepted or rejected. I look back at all the times I rejected it, but it's that simple," Zent says. "People need to know there are people that care and can help right now," Stevens says. "The resources are in place for anyone in Montgomery County to get the help they need."

ADAMHS delivers valuable community resources to those suffering from drug addiction and supports programs that are making a difference in the fight against addiction, including peer coaching, recovery housing, employment services, spiritual support and naloxone training.

If you or a loved one is suffering from addiction, call Samaritan CrisisCare at (937) 224-4646 or visit www.thinkagainmc.org today. Same-day assistance and emergency services are available. To contact ADAMHS with questions, please call (937) 443-0416.